

# DINNERLY



## Chicken Schnitzel Wraps with Crunchy Cabbage Slaw



30 minutes



2 Servings

Everyone loves a chicken schnitty! Especially when it's wrapped up in warm tortillas with a crunchy slaw and drizzled with aioli. Tonight, cutlery is optional.



### WHAT WE SEND

- 200g cabbage
- 1 carrot
- 1 large free-range chicken breast fillet
- 40g panko breadcrumbs <sup>1</sup>
- 6 flour tortillas <sup>1</sup>
- 50g aioli mayonnaise <sup>3,7</sup>

### WHAT YOU NEED

- 1 egg <sup>3</sup>
- 2 tsp plain flour <sup>1</sup>
- 2 tbs olive oil
- 2 tsp red wine vinegar <sup>17</sup>

### TOOLS

- mandoline (optional)
- julienne peeler or box grater
- foil
- medium frypan
- paper towel

Our veggies come straight from the farm, so please wash them before cooking.

### ALLERGENS

Gluten (1), Egg (3), Milk (7), Sulphites (17).  
May contain traces of other allergens.

### NUTRITION PER SERVING

Energy 855kcal, Fat 44.6g, Carbs 61.5g,  
Proteins 48.0g



#### 1. Prep ingredients

Preheat the oven to 220C. Thinly slice the **cabbage** with a mandoline or sharp knife. Peel the **carrot**, then shred using a julienne peeler or coarsely grate with a box grater. Put the **chicken breast** flat on a board, put your hand on top and halve horizontally into 2 equal fillets. Season with **salt and pepper**.



#### 2. Crumb chicken

Whisk **1 egg** in a shallow bowl. Put the **breadcrumbs** and **2 tsp plain flour** in separate shallow bowls. Dust the **chicken** in the flour, shake off the excess, then dip in the egg and coat in the breadcrumbs.



#### 3. Cook schnitzels

Enclose the **tortillas** in foil. Put in the oven for 8 mins or until softened and warmed through. Meanwhile, heat **1 tbs olive oil** in a medium frypan over medium heat. Cook the **schnitzels** for 3-4 mins each side until golden and cooked through. Drain on paper towel. Remove the pan from the heat.



#### 4. Make slaw

Put **1 tbs olive oil** and **2 tsp red wine vinegar** in a large bowl, season with **salt and pepper** and whisk to combine. Add the **cabbage** and **carrot** and toss to coat.



#### 5. Serve up

Cut the **schnitzels** into 1.5cm-thick strips. Spread the **aioli** over the **tortillas**, top with the **slaw** and **schnitzel strips**, then roll up to enclose. Secure with a strip of baking paper or string, or eat as open-style wraps. Enjoy!



#### 6. Did you know?

Panko are the Japanese version of breadcrumbs (panko means 'small pieces of bread'). They're lighter and larger than regular breadcrumbs, producing a much better crunch.